

## . Stage 1. Discipline

The Jedi needs to be in full control of the faculty of the mind, before he can wield the force. “If not, force destroy Jedi,” says Yoda. Yoda says, “A Jedi’s strength flows from the Force.” And not from the mind. Go beyond the mind, be unaffected by world forms, greed and anger – they keep the Jedi from the Force.

## Stage 2. Ease

Ease is an art. Unless the aspirant understands the ways to wield ease, he or she will never have sway over the **dýnami zoís**, own life force.

"Control is internal. It is the Jedi's ability to recognize the Force in himself and to use it to his benefit."

—Jedi Master Bodo Baas

## Stage 3. Aretíz

This stage is to ensure the Jedi does not fall over to the dark side, and turn the force against himself. The Jedi should meditate on the word form and

sound , **αρετή**, Virtue. A brightness will arise within. **Keep the focus there.** It will rise, and if you attempt to hold it too effortfully , you will find the brightness sink. Repeatedly hold it, till the focus on it is held steady.

When the brightness seems obscured, clear the mirror of your awareness with the flow of your breath.

## Stage 4. Kindness, καλοσύνη

**“You will find only what you bring in.” – Yoda**

The Jedi’s force field ought align with the greater good of good beings. For,

“Easy, the Force Find”- Yoda.

# A Jedi Meditation Training manual

## Stage 4.Z. Frame Awareness, skeletikó plaísio

Ease the awareness and

say, **“The body exists here.”**

Now, the Jedi feels own body as beyond world affectation, platonic, its frame, perfect. In the body itself, there is no unideal sensation.

This is also described as, “epígnosi tou skeletikou plaisiou.” The word skeleton does not refer to the physical skeleton, but the idea of the frame, the pure form, the ideal .

The awareness of form is developed by frequently drawing awareness to the form of own form, the proprioceptive awareness playing a role at that. Whether one is walking, or standing, or seated, or in any configuration, this awareness, of the body as a whole, can be done. This art is from the east, and there is it labelled Satipatthana – and it extends to not just physical form, but the awareness, the mind, the feelings and so on. To say “the awareness exists here” is to dispel all unideal from the mind. For the true state of the mind is pure, awareness itself.

Adapted by the Jedi, this forms a formidable foundation for the warrior training of the Jedi.

**“The dark side  
clouds everything.  
Impossible to see  
the light, the  
future is.” – Yoda**

Evoke a sense of loving  
kindness, inside. This sense

has **no object**, instead it  
arises from the Force, with an  
ability to destroy any evil. The  
sense of loving kindness, the  
platonic feeling of it, is the object  
of awareness, and the feeling itself  
is not targeted at any object.

Hold it at the center of the cross in  
your heart. Observe, it gradually  
grows and evolves out, as an orb  
for some, as a force field for  
others. Make sure it has no  
object - it is not targeted at any.  
For world objects ought not tie  
down the Jedi. If an object is held  
in this mediation, the impact is of  
falling into a thought construct and  
thus into the mind, away from  
pure awareness.

Expand this to form a field filling  
oneself, and own body, then the  
same extends outside oneself a  
feet. Extend this gradually to the  
whole universe of perception. This  
expanding out ought be firmly  
centered on oneself, and own  
physical form. There is nothing  
else, but you and the you in the  
Force, now. All phenomenon has  
been pushed out.

Patience. Each step of this  
takes weeks- years, for  
some.

**“Patience you  
must  
have my young  
Padawan.” —  
Yoda**

If this training is done well,  
no attacks – psychological  
or otherwise – from an

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One may verbally describe own  
physical form to oneself, silent or a  
bit aloud – depending on what  
works. And verbally describe  
current state of mind, and feelings  
of the mind, sensations of the  
body. The act of doing so  
disassociates the awareness from  
the sensation. If fear is labelled  
“there exists an idea of fear on the  
mind”, or anger is labelled “there  
is anger on the mind,” the pure  
mind is found, devoid of the anger.  
Gradually, this grants Jedi power  
over all forces that may affect own  
form.

The form held, becomes the ideal,  
and the reality is nothing but the  
held form by the awareness, in  
pure physics.

Now, **attempt  
saying  
unto  
yourself,  
“The Body**

enemy, the world, or any object, will draw your awareness away from your own form, your body, your self, and the Force. The idea of loving kindness without a target object keeps you shielded. This is a great secret, discovered by ancient Greek sages. Some say they discovered it in a partly damaged scroll found in the far east, records of a teaching by the Buddha. The scroll itself, the legend says, were written in a non-earthly alphabet. Jedis to this day train in what are often Zen style monasteries, in parallel dimensions on earth as well.

Is Here,” and

draw awareness into the form of the body that appears here and now. Awareness of own form.

Abide in that state for a while. This may also be dynamically done any time of the day, in any situation, and in an instant's time.

“A Jedi's  
Strength  
flows from  
the Force”

### Stage 5. Impermanence, Parodikótita

Contemplate the fact that the body, the mind and world phenomenon are impermanent. It is not eternal, it is not the Force itself, not the Soul of things. Contemplate anatomy, that the body appears attractive able to grant happiness, but decays in no time, and underneath a thin layer of skin is all the grossness of anatomy. That it will be one day as a decomposing corpse is inevitable, unless you transform it into the Force, the Light itself. Contemplate own anatomy as that of a decaying corpse, this generates a jolt in the awareness, that separates itself from a false identity with impermanent form. Integrate the body with the thunder of that Jolt, the bright Light of awareness. This meditation is done also as the Jedi during training keeps a monastic discipline. The body of oneself of any being just anatomy impermanent as described, does not have the ability to grant one either permanent Joy, or the strength of the force. The beyond ought be discovered and integrated with own form.

### Stage 6, The Element of Wind and the Light

*"Secret, shall I tell you?  
Grand Master of Jedi Order  
am I. Won this job in a raffle I  
did, think you? 'How did you  
know, how did you know,  
Master Yoda?' Master Yoda  
knows these things. His job it  
is." -Yoda*

**“For my ally is the  
Force, and a  
powerful ally it is.  
Life creates it,  
makes it grow. Its  
energy surrounds**





us and binds us.  
Luminous beings  
are we, not this  
crude matter.  
You must feel the  
Force around you;  
here, between  
you, me, the tree,  
the rock,  
everywhere, yes.  
Even between the  
land and the  
ship.” – Yoda

The universe is one function, a mathematical form, that you feel in an aspect as own breath. It courses through the dimensional planes, where the chakra systems appear as the mathematical projection occurs. At the base of the human frame's spine is the 0<sup>th</sup> dimension, and just above the head is the awareness of the 7<sup>th</sup> dimension. All forms outside or inside are functional maps of the same.

The fundamental movement of the universe, the ether movement is also that which is labelled the breath. Own breath is a view and an aspect of that.

Thus, the nose is the spine, the tip of the nose is 0 point at the base of the spine. This breathing meditation were a fiercely guarded secret. Among the **Lapiz Lazuli** texts of the far east is found this secret breathing technique. Legend as recorded in the text, the Ekottara Agama 17.1 has Buddha teaching this secret breathing method in teaching the path of the Aryans, to his Son Rahula.

The idea is to bind the mind to the tip of the nose, the zero point and observe the breath. One may to start with, do this by keeping the awareness at the tip of the nose, and label each breath as a long one, a short one, and so on. Just observe and label, effortlessly. At times the breathing virtually disappears. Label that state as so. At times, the breath happens on its own as the plant swaying in the wind is not the movement of the plant, so the breath occurs effortlessly, it is not even an action held by oneself. At times, the mind alters the breath. Label all these states, easily, as they appear, and sit in a meditative posture. Initially, Verbalize describing the observed states, if you find it needed, as you observe the states. Spine easily erect, and if you find it comfortable to sit in the oriental style, left leg on the right, in half lotus position, left palm on the right. This may also be done seated in a chair, for a few minutes while standing up, and so on, and at anytime.

Note, that as the above meditation is done, a bright spark of awareness, the Zero point Light and view of the Force often appears at the tip of the nose.

Another technique, found in **Zen**, is to gradually allow the breath to flow into the hara, the lower abdomen. Observe-visualize the breath flow down along the front of the body, naturally, at ease, and entering the hara, as one breathes out. Breathe in an effortless natural way. Out breaths go deep, effortless, slower, deeper, and longer than in breaths. In breaths are effortless, natural. When the Great Brightness of Zen appears, keep the awareness on the Great Brightness as well when one does the mediation. At early or even the final stages, the **Enso** that absorbs the outward vectors that generates the notion of form, may be held in awareness. The forms disappear, and own form is the form that disappears all

# form, the Silver Enso.

The breath gradually unveils the Light beyond the worlds. Union the Light and Breath as one, and stay with the awareness holding the Light and the Breath as one.

The Jedi adept now sees the inner and the outer as one function of the absolute, the beyond appeared, the Great Light. The force is everywhere. The difference between inner and the outer is understood as generated, non-existent. One abides thus beyond, forms.

**Stage 7. Understand the Matrix**

**Stage 8. Meditate on the Non-Permanent**

The different, individual sparks of awareness are situated in different DNA-CODE

pockets observing the world phenomenon, and the possibilities of what aspect of world evolution to generate and hold is the DNA code itself.

This stage of training is skipped for the non mathematically inclined. Though a few schools of Jedi to this day maintain, none who pass the stage will be allowed into the order of the great Jedi mathematicians.

Training in psychology and adaptive-responsive behavior strategies,

Occur parallel to other trainings. These include the ability to immediately respond to any situation, and with awareness, training to attend to own health, training in survival in difficult situations. Training to maintain health through proper diet and other habits and so on. Among other forms of training is also a training in a system of medicine analogous to the homeopathic system found on earth. It is virtually the same but for that different substances not found on earth and herbs from across the galaxy are used in preparation of the dilutions. Crude tonics which are non-energetic dilutions are generally not recommended given they can weigh on the anatomy adversely if taken in an unwise way. The Jedi food is devoid of strong spices, done with gentle herbs, involves beef, wine, a kakao like plant, a extraterrestrial yak butter, and a strange kind of drink that appears similar in taste and texture, and nutrient quality to cow milk.

The Jedi in training keeps own environment clear, klaar, by discarding the unessential. The inner and the outer, is to be kept aesthetic, joyous. Joyousness of taste, for instance, is an integral aspect of health of the food in taken. Even regarding food the state of awareness in which it is to be done ought be klaar, joyous, easy, and pure.

In engaging the world forms, an element of joy ought always be kept alive. In advanced training, inner brightness is held despite the outward situation.

In advanced stages, The Jedi ought act or ease, one of which is often the other, as per the Force Impulse from beyond the worlds, appearing in the

Now the PreFinal stage is approached. The Jedi should have progressed much in study. Understand the way universe-sensations, vedana, arises in own awareness.

Every bodily or mental sensation arises, is felt, that is held in perception, and then disappears. Thus they are impermanent and not the awareness itself.

Mathematically, the sensing systems, and the sensed are DNA-vectors at interplay-processing, projecting further DNA-vector forms. There is a universal DNA, as Quantum physics suggests to earthlings, the existence form requires an awareness – beings’ awareness held forms is the world-phenomenon. There are visible and invisible beings. Parallel dimensions of reality exist. Higher and lower dimensions of reality exist.

The Jedi should have a strong awareness. In fights, and in war, the Jedi should be able to endure great impact, and yet stay unaffected.

An analogy found in Buddhist teachings on Vedana, feeling, from which the related ideas in the Jedi corpus were adapted and formed, is beneficial: When hit by a dart, a negative sensation, one observes the phenomenon and does not allow a secondary sensation – such as an associated one on the feeling or psychological planes.

The idea of vedana-samjna niroddha samapatthi is studied and practiced as well, in warrior training.

“Wisdom  
text this,  
Share, One  
Ought”- Yoda

depths of own system. This in origin is beyond the world system, appearing through own Individual Soul, and that is the principle of own action. In fact for decisions such as what path to take in life, and so on the principle is to be relied on. Even in daily life, deciding on what book to read, what to have or have not for breakfast: Clear your thoughts, Analyze with reason, Trust yourself.

Action in alignment with the Self,  
Unveils the inner  
Brightness, the action done,  
one rests the awareness on  
the Inner Brightness Itself.

Jedis who train  
alone are often advised to hide  
their training from the greater  
world, for the protection – from  
the dark forces, and the dark  
forces manipulation of other  
humans around. That which  
doesn’t exist in the vision  
of the world, is impossible  
to be fought by the world.

# Stage 9. One With the Force

The Jedi Absorbs the awareness into the Force-Light, the Thunder beyond the worlds. Own form as one with the Silver Thunder.  
This

is finally to  
be viewed from the absolute planes, and the idea of holding the awareness there or absorbing the awareness there then disappears. “To hold and be with effort, what one is, absurd I find is.” - Yoda



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